

**National Nutrition Month**  
**March 2022**  
**Proclamation**

**Whereas** food is the substance by which life is sustained; and

**Whereas** the type, quality, and amount of food that individuals consume each day plays a vital role in their overall health and physical fitness; and

**Whereas** there is a need for continuing nutrition education and a wide-scale effort to enhance healthy eating practices;

**THEREFORE**

I, Mayor Tony Roswarski, do hereby proclaim March 2022 as **National Nutrition Month** in the City of Lafayette, Indiana, and I encourage all citizens to join the campaign and become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

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Tony Roswarski, Mayor  
City of Lafayette